



WESTFORD COUNCIL ON AGING NEWSLETTER MAY 2018



20 Pleasant St., Westford, MA

978 - 692 - 5523

www.westfordma.gov/coa

Hours : Monday – Friday 8a.m. – 4p.m. Evening Hours: Tuesdays & Thursdays 4p.m.– 8p.m.

MISSION STATEMENT: The Council on Aging promotes physical, emotional, economic well-being of aging adults and their engagement in all realms of community life.

“GAY NINETIES CELEBRATION!”

Sponsored by the Friends of the Cameron Senior Center, Emerson Hospital, and the Westford Rotary

The Westford Council on Aging is pleased to announce our annual Gay Nineties Celebration on **Tuesday, May 22nd from 10:30 AM – 2:30 PM at the Franco American Club.**

In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 AM with entertainment.

Advanced registration is necessary, at 978-692-5523 before May 11th. If you were born in 1928 or earlier, please indicate your birth year when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring **two** guests; they will be seated at your table. **Both the honoree and their two guests attend free of charge.**

The cost for all other guests will be \$15 if you are not a member of the Friends of Cameron and \$10 if you are a Friends member.



WOMAN'S BREAKFAST

In honor of Mother's Day, May's Woman's Breakfast on Monday, May 14 at 9AM is being generously **sponsored by Patti Mason, Mary Alcorn, and Angela Harkness.** **Geoff Hall** will be presenting on the History of Nabnasset. This will be the last Woman's Breakfast for the series; We would like to thank all the volunteers that have helped with the Woman's Breakfast it could not have been done without you. Advanced registration is requested for Mother's Day breakfast so please call 978-692-5523.

The next Woman's Breakfast will be on Monday, September 10.

INTRODUCTION TO MINDFULNESS AND EMOTION REGULATION WITH LISA WESSAN, LICSW, RM, CLYL

Tuesday June 5th 2-3PM. Call 978-692-5523 to register.

Based on the premise that every thought becomes a chemical reaction in your body, this workshop offers a multimodal approach to improve your ability to recover your emotional balance and feel healthier, more peaceful and relaxed. You will learn classic and innovative emotion regulation skills from Dialectical Behavior Therapy (DBT), including how to understand and name your emotions, change your emotional responses and manage extremely difficult emotions. You will also learn how to apply Mindfulness methods, to improve your attention and focus, stay in the present, and reduce negative judgments about yourself and others.

Lisa Wessan, LICSW, RM, CLYL, is **psychotherapist, life coach, DBT Skills Trainer (Dialectical Behavior Therapy), author, speaker and Reiki Master.** Lisa works with individuals and groups who seek pleasure and fulfillment in their lives through improved energy and heightened consciousness. Lisa is also the on-air host and producer of the cable television *Lisa Wessan Show*. Her work has been featured in the media over the years, including *CNN, Paula Zahn Now, The Boston Globe, The Lowell Sun and The Wall Street Journal*. She is in private practice in Westford, MA and travels widely presenting a variety of wellness and stress management programs. Visit www.lisawessan.com for further information.

DIRECTOR'S MESSAGE



IMPORTANT CHANGES: TAX -WORK-OFF FUNDING INCREASES THANKS TO THE TOWN AND IMPORTANT COA NEWSLETTER MAILING CHANGE.

Last year in preparing our COA budget and knowing that projected revenues for the Town were slightly lower than projected it was imperative that our COA prioritize what funding was most critical to support aging adults. With the support of our Council on Aging Board and Veteran Service Office we requested an increase of \$10,000 for the FY19 Tax Work Program. This property tax rebate program employs a total of twenty-five adults and/or veterans age 60 and over to work for Town departments at minimum wage which will equate to 136 hours FY19. With the support of our Town leadership, Town Residents, SLIDR Committee for twenty-five Tax Work participants will receive the **maximum allotment of \$1500** (less deductions) allowed under this optional State program administered by towns and cities. To learn more about this Tax Work program please see page seven in your newsletter under Senior Tax Work. **The deadline for applications is May 4th.**

Did you know that we spend \$7000 a year on mailing our monthly newsletter? How about if we could use at least half of that amount of money for additional programs, exercise classes, subsidies and speakers and this is where we need your help. Starting July 1st, 2018, we will only be mailing the newsletter to Westford residents age 70+ and Friends of the Cameron members. For anyone else we will have newsletters available at the **Cameron, Fletcher library, Town Clerk's office and Westford's Market Basket** and of course on our website at www.westfordma.gov/coa. If you are a Westford resident and you need your newsletter mailed to you please let me know and we will be glad to accommodate your need.

Lastly, don't miss Susanne Duato's enclosed article on "What is the fastest way to get healthier? Make a friend", see page 4. Susanne is new to our center and is teaching the THRIVE 7 challenge class each Tuesday night which is being sponsored by **she and Jim Geraghty** through their non-profit Thrive Health and Wellness. Also, Susan is a nutritionist, certified personal trainer and fitness center owner with 15+ years coaching individuals on their quest for better health.

Jennifer

RED DAY

Much thanks to our local real estate agency, **Keller Williams** and coordinator **Fred Baumert**, for hosting a spring cleanup date for a few of our local senior residents. This type of community outreach makes Westford a very special place.

FAITHWORKS UPDATE

We would like to extend our appreciation to all the volunteers from local Methodist churches that provided a day of service to Westford seniors. The residents greatly benefited from this outreach program. Yards were cleaned, porches painted, and minor repairs were made. Thank you!

FRIENDS CORNER

FRIENDS OF CAMERON SENIOR CENTER

Annual Meeting

THURSDAY, MAY 3, 2017

10 A.M.

COMPUTER ROOM

ALL FRIENDS INVITED!

Trudy's Boutique

THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

CLOTHING, HOUSEHOLD GOODS, DÉCOR, JEWELRY

~ ALL AT AFFORDABLE PRICES ~

DONATIONS ALWAYS APPRECIATED!

Volunteers Wanted!

For our June Art Auction
at Parish Center for the Arts

NEED NOW!

Clean framed art
Sort art into separate categories
Research & write descriptions, prepare catalog
Help with publicity

NEED IN JUNE!

Transport art to PCA (need several cars)
Set-up (hang art, set-up tables & chairs)
Provide and/or help with refreshments
Record sales, handle transactions
Clean-up (take down, return unsold art to Cameron, clean PCA facility)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm Thrive 7 6pm	2 Aerobics 9:30am Bone Builders 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Alzheimer Support Group 6:30pm Train Club 7pm	3 Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Watercolor Class 10am Friends Annual Mtg. 10am Hand & Foot 12:30pm Bone Builders 1pm Circuit Training 3:30pm Veterans Services 4pm Hot Dog Night 5:30pm BINGO 7pm	4 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Freedom of Fracture 1pm Tax Work Application Deadline 4pm
7 Bone Builders 9:30am Quilting Club 9:30 am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	8 Men's Breakfast 8am Basic Zumba 8:15am Billiard Players 8:30am Blood Pressure 9am Yoga 9am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Technology with Vamsi 2:30pm Ping Pong 3:30pm Circuit Training 4:30pm WA Concert 6pm Thrive 7 6pm Watercolor Class 6pm	9 Aerobics 9:30am Bone Builders 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm COA Bd. Mtg. 4pm Train Club 7pm	10 Vetrans Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Watercolor Class 10am Ask the Officer 11am Hand & Foot 12:30pm Bone Builders 1pm Circuit Training 3:30pm BINGO 7pm	11 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Lunch & Learn 12:15pm
14 Woman's Breakfast 9am Hearing Clinic 9:30 am Bone Builders 9:30am Quilting Club 9:30 am Meet the Realtor 10am Open Art Studio 12pm SHINE 12:30pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	15 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm WA Concert 12:30pm Technology with Vamsi 2:30pm Ping Pong 3:30pm Circuit Training 4:30pm Trive 7 6pm Book Club 6pm Watercolor Class 6pm	16 Vine to Wine Trip 8:15am Aerobics 9:30am Bone Builders 9:30am Mani & Pedi 9:30am Property Tax Rep 10:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm	17 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Watercolor Class 10am Hand & Foot 12:30pm Birthday Lunch 12:30pm Bone Builders 1pm Movie Night 4:30pm Circuit Training 3:30pm BINGO 7pm	18 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am
21 Bone Builders 9:30am Quilting Club 9:30 am Open Art Studio 12pm Housing Consultant 1pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	22 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Gay 90's 10:30am Bone Builders 1pm Technology with Vamsi 2:30pm Ping Pong 3:30pm Circuit Training 4:30pm Thrive 7 6pm	23 Aerobics 9:30am Bone Builders 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm	24 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Watercolor Class 10am Hand & Foot 12:30pm Bone Builders 1pm Circuit Training 3:30pm Caregiver Stress 5:30pm BINGO 7pm	25 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am
28 Closed for the Observation of  Memorial Day	29 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Technology with Vamsi 2:30pm Ping Pong 3:30pm Circuit Training 4:30pm Thrive 7 6pm	30 Aerobics 9:30am Bone Builders 9:30am Restaurant Review 11:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm	31 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Watercolor Class 10am COA VAN TRIP 11:30am Hand & Foot 12:30pm Bone Builders 1pm Circuit Training 3:30pm BINGO 7pm	

NEW PROGRAMS

TECHNOLOGY HELP WITH VAMSI NEW!

Smartphone 101 workshop and technology help with Vamsi May Workshop-Smartphone 101: Tues., May 8th at 2:30
Tech Help Appointments: Every Tuesday starting at 2:30 please sign-up (except on workshop day) We are glad to have **Vamsi Vesta a WA student** volunteer his time and expertise in providing monthly workshops on different technology topics that will enrich our ability to understand technology devices and programs we use daily basis. So, no more technology hesitations because Vamsi is enthusiastically here to help you. Workshop and appointments are available to the first ten sign-ups. Please call 978-692-5523 to sign up.

WESTFORD ACADEMY HONORS MUSIC PERFORMANCE

May 8th, 6:00 pm

Iria Wang, a Westford Academy Senior and Community Service Chairperson, is coordinating an hour long FREE concert for us with the Tri-M Music Honors Society from WA. Come listen to some fabulous music performed by our local, very talented students. Light refreshments will be served. Please sign up at 978-692-5523 by 5/4.

WESTFORD ACADEMY STRING TROUBADOURS

Tuesday May 15th at 12:30pm

Pack and Bring a brown bag we will supply drinks and desert. Join us at the Cameron for a wonderful concert by **WA's Sting Troubadours**. Sign up at 978 692 5523.

FREEDOM FROM FRACTURES

Friday, May 4, at 1pm

Two million preventable fractures occur each year and 50% of all Americans over the age 50 will have a life-altering fracture. Join us and American Bone Health for Freedom From Fractures™ including a free presentation on how medical conditions, medications, and family history can affect your risk for fractures. Sign up at 978-692-5523.

CAMERON FITNESS CAMP

12 week- group training class, suitable for all levels from beginners to advanced. Class includes: cardio; weight or resistance training for bone health and posture; and a dynamic stretching for flexibility. Instructor Kim Vespucci is a NPTI certified. A new class will start Wednesday, May 9 at 1:30pm. All are welcome. Please call 978-692-5523 to sign up.

WATERCOLOR CLASS

May 31 - June 28

Paula is back by popular demand. Join us for 5 weeks on Thursday mornings at 10am. Cost for this class is \$20. Get your paint brushes ready! Please register at 978-692-5523 asap because the class fills quickly

WHAT IS THE FASTEST WAY TO GET HEALTHIER? MAKE A FRIEND.

By Susanne Duato

Nutritionist, Thrive Health & Wellness Inc.

As a nutritionist and gym owner, I am blessed with the chance to help a diverse group of individuals work toward achieving better health. As part of my standard intake assessment I like to ask new clients to tell me what they feel are the lifestyle and behavior changes they need to make to get healthy.

The most common answers are "lose weight, eat a more balanced diet, get daily exercise". Although I believe these are important components to overall health, I have also found that diet and exercise are a lot **less** important than many people think.

Science is proving that it is not only these specific behaviors that contribute to good health but also the state of **everything else** in our lives such as strong relationships, a sense of the spiritual and our environment. All play a more impactful role than has previously been understood.

A 75 year Harvard University study conducted with 400 men to identify the predictors of healthy aging reported that strong, loving relationships were the most important factor in determining one's health and longevity. Seniors who had contact with other people, even peripherally, keep their bodies and their minds in better shape.

A study by Dr. Scott Barry Kaufman, written in the Scientific American Blog on optimism and heart health showed that a positive mindset can have a protective effect on the heart and according to a 2012 review of literature, a number of studies have shown that people with optimistic personalities are healthier. A recent study done at the University of California at Berkeley concluded that doing things that make us feel joyful such as hiking through a beautiful landscape, listening to classical music or enjoying art, and participating in spiritual rituals are enormously beneficial for our physical and mental health. Such activities are associated with improved heart health and less incidence of Alzheimer's and depression.

Taking the time to reflect with thankfulness and gratitude on the aspects of our lives which we appreciate and treasure lowers stress levels which have been shown to contribute to chronic disease. As a health professional I spend a lot of time designing nutrition and exercise programs...but physiologic changes also occur when we are nourished on a human level through interaction with others and being part of a nurturing community with supportive friends, colleagues, and organizations. Do take your vitamins and eat lots of fruits and vegetables and make time for physical activity. But don't underestimate the value of coffee with friends, a quiet walk in the woods or along a beach, or listening to your favorite music. And remember that in a certain way gratitude is a skill that we can develop by a conscious focus on what brings us joy and contentment.

55+ EARLY EVENING PROGRAMS

CIRCUIT TRAINING – Starting the week of May 8th for 8 weeks in our fitness room on Tuesdays 4:30-5:30 p.m. and Thursdays at 3:30 – 4:30. With the help of an instructor, come learn how to use the cardiac and strength equipment and create a personal exercise program that addresses your goals and health concerns. We must have a min. of 8 in each night for the class to occur. The cost is \$40. Please call 978-692-5523 to sign up.

BOOK CLUB – 5/15

Do you love to read and would like to talk to others about a great book? Then this is the program for you. Our next meeting is May 15th at 6:00. We will be reading **Where'd You Go, Bernadette**, a 2012 comedy novel written by Maria Semple. The plot revolves around an agoraphobic architect and mother named Bernadette Fox, who goes missing prior to a family trip to Antarctica. It is narrated by her 15-year-old daughter Bee Branch. Please call to sign up at 978-692-5523 and get a book.

MOVIE NIGHT - 5/17, 4:30- 6:30 pm

This month's movie is "**Still Mine**". Actor, James Cromwell stars in this deeply affecting love story about a couple in their twilight years. Based on true events and laced with humor, Still Mine tells the heartfelt tale of Craig Morrison who comes up against the system when he sets out to build a more suitable house for his ailing wife Irene. A light meal and popcorn will be served. Please call to sign up at 978-692-5523 by 5/15.

CAREGIVER STRESS 5/24, 5:30 PM (NEW)

Alicia Seaver, a guest speaker from Bridges, will speak about Caregiver Stress and its impact on one's life. Providing care for a loved one can take a great toll on one's own health. She will discuss what the signs are, how to prevent burnout and what steps to take to maintain your physical and mental wellbeing while caring for a loved one. Please register for this free class by 5/21 at 978-692-5523.

PLANNING FOR MEDICARE (NEW)

Countdown to age 65! 6/5, 6:00 PM

Join us Tuesday June 5th at 6:00 pm for a free seminar about when and how to enroll in Medicare, avoiding fees, Medicare Parts, Medigap plans and drug plans. Heather Hurd, a Blue Cross Blue Shield rep will be leading this class to help make this process feel less confusing. Come with your questions and please sign up by 6/1 at 978-692-5523.

LOWELL GENERAL EDUCATIONAL SERIES (NEW)

Introduction to Personal Safety & Self Defense for Women June 12 at 6 p.m. This women's only workshop teaches safety awareness, risk reduction and how to react with basic self-defense skills. Come learn how to protect yourself. Please register at Circle Health by calling 1-877-544-9355.

DINING OPTIONS

**ALL LUNCHES CAN BE MODIFIED BASED ON DIETARY NEEDS
PLEASE NOTIFY THE FRONT DESK AT REGISTRATION.**

WEDNESDAY LUNCH

Lunch will be served at 12 p.m. reservations are required 24 hours in advance by calling 978-692-5523. (If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!) Cost is \$3.

Wednesday, May 2, Tuna Salad Sandwiches

Wednesday, May 9, Stuffed Peppers

Wednesday, May 16, Baked Chicken

Wednesday, May 23, Mac & Cheese and Hot Dogs

Wednesday, May 30, Salad Bar

MEN'S BREAKFAST

Tuesday, May 8 at 8 a.m.

Joe Ponti a former Coast Guard Officer and graduate of the US Coast Guard Academy will share a story about the USCGC EAGLE when she sailed under two flags. The USCGC EAGLE (WIX-327) today serves as the cadet training ship at the CG Academy located in New London, CT. The vessel was launched on June 13, 1936 in Hamburg, Germany as the Kriegsmarine's training vessel the HORST WESSEL where she served in a number of roles during World War Two. Following the end of the war she was awarded as a war prize to the United States. After extensive rehab and refitting she was renamed the USCGC EAGLE on May 15, 1946 and was assigned as a training ship for the Academy. Joe had the privilege, along with his classmate Bob Eddy, to sail on her for three summer cruises. He will relate some of his experiences while sailing on board. Please pre-register at 978-692-5523.

LUNCH AND LEARN

Friday, May 11, at 12:15 p.m.

Please join **Kathy Cunningham from Coldwell Banker**, as she continues her series on Downsizing. She has invited a guest speaker, **Marie LeBlanc**, from Transitions Liquidation Services. Together they will help you develop a plan to disperse your excess personal property. This will include helping you estimate what your personal items might be worth, where they might be sold and organizations who might take donations. Marie will also tell you about services she offers to help you with this. **Lunch will be sponsored by Rivercourt Residences.** Please sign up at 978-692-5523

RESTAURANT REVIEW ~ Dutch Treat!

Wednesday, May 30, 11:30 am at Emerald Rose,

785 Boston Rd., Billerica. Please preregister at 978-692-5523 so we can call the restaurant with a head count for adequate seating. Check in under "Westford Senior Center". Bon Appetit.

BIRTHDAY CELEBRATION

Thursday, May 17 at 12:30 p.m.

Come Celebrate the May birthdays! Lunch is prepared by the students of the Elegant Chef restaurant at Nashoba Tech followed by cake and ice cream that will be sponsored by **Sapphire Properties**. Please call in advance to register at 978-692-5523. Cost for birthday celebrants is free and to guests the cost will be \$5. **May Meal Choice is ~ Stuffed Chicken**

SUPPORT SERVICES



COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

Service towns are: Acton, Ayer, Carlisle, Chelmsford, Concord, Groton, Littleton, Lowell, and Westford. Please call Chuck to schedule your ride at 978-399-2322 We ask for a 48 hours notice prior to your appointment. Our first priority are rides to medical appointments, we will also take you to local errands and all Cameron Senior Center sponsored activities. Don't forget we offer Grocery Shopping trips to Market Basket every Wednesday and other days as needed. Donations are encouraged. **Don't forget to get your free 10th ride by getting the punch card signed.**

VETERANS SERVICES

Thursdays, 8 a.m. to noon.

Meet with Westford Veterans Agent at the Cameron. Only on the first Thursday's of each month The Veterans Agent will have evening hours from 4 - 6 p.m. The remaining Thursdays of each month will continue with his usual AM hours. The regular office, in the Millennium Building behind Abbot School, 23 Depot Rd., open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

MEALS ON WHEELS

Monday through Friday.

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional and special diets are available, with a doctor's authorization. Call 1-800-892-0890 to register.

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

Wednesday, May 2 at 6:30 p.m.

1st Wednesday each month at 6:30 p.m.
Cameron Senior Center. For information, call Sandy at 978-758-6072.

ASK THE OFFICER

Thursday, May 10 at 11 a.m.

Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation the 2nd Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

MEET THE REALTOR

Monday, May 14, at 10 a.m.

Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523 for an appointment.

SHINE APPOINTMENT

Monday, May 14 at 12:30 p.m.

For a private, confidential appointment, at the Cameron, to answer your health insurance or Medicare questions, call 978-692-5523.

ASK THE PROPERTY TAX RELIEF REP

Wednesday, May 16

To help our senior homeowners be more aware of the real estate tax exemptions that they may be eligible for we will be holding monthly 1:1 appointments. On the 3rd Wednesday of the month, appointments will be available between 10:30 and 12:30. Call the front desk to make an appointment, 978-692-5523.

HOUSING CONSULTANT

Monday, May 21 at 1 p.m.

New monthly service offering at the Cameron. Housing Consultant provides helps to individuals dealing with various housing issues in Westford. To schedule an appointment call 978-692-5523.

ASK THE LAWYER

Tuesday, June 5 at 9:30 a.m.

Tuesday, September 11 at 9:30 a.m.

Free legal service provided by the office of **Attorneys Madge & Johnson** is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE ESTATE PLANNING LAWYER

David Walker, a frequent presenter at the Cameron, is offering individual, free 20 minute appointments quarterly. Next appointments are: Thursday, June 7th from 10:00 am to 12:00 noon. Please call 978-692-5523 to sign up.

T.R.E.A.D.

Applications will be available at the Senior Center in May this year and will be DUE ON AUGUST 1st. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2018. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325.

DETERRA

The Westford Health Department has provided us with a supply of DETERRA drug deactivation system bags, received through a generous donation from Circle Health. These special zip lock pouches allow users to neutralize unused pills, liquids, and patches while protecting the environment and preventing misuse. They are a convenient method of pill disposal for seniors who are homebound or people who have difficulty getting to the Westford Police Department to drop off medications for disposal. If you would like to use the pouches, you can pick them up at the Senior Center or we can deliver them to homebound individuals. Call Alison 978-399-2325 or Annette 978-399-2326.

CARE ACT

AARP is very pleased that the CARE (Caregiver Advise, Record, Enable) Act has been passed to support over 844,000 Massachusetts family caregivers. The CARE Act helps family caregivers as their loved ones go into the hospital and as they transition home.

The CARE Act requires hospitals to:

- Record the name of the family caregiver on the medical record of your loved one.
- Inform the family caregiver when their loved one is to be discharged.
- Provide the family caregiver with education and instruction of the medical tasks he or she will need to perform for the patient at home.

SOCIAL SERVICESWHAT IS OUTREACH?

By: Annette, Outreach Coordinator

With the beautiful weather upon us we hope to see you at the senior center. Join us for a class, pickleball, movie, meals and more. This is a wonderful place to meet others, make friends, feel connected to the community and to offer your talents as a volunteer. We look forward to seeing you here. If I can be of any service, don't hesitate to ask Annette at 978-399-2326.

DID YOU KNOW?

Are you aware that when you are first eligible for Medicare Part A & Part B that if you do not sign up for a Part D prescription plan you may have to pay a late enrollment penalty when you eventually decide to join a drug plan? Many seniors do not initially sign up for a prescription plan if they are not on any medications but then years later when they need a plan they incur a penalty and question why. The late enrollment penalty is calculated by figuring 1 percent for every full month that you were eligible but went without a Part D plan and didn't have other creditable coverage. That total percentage is then multiplied by the "national base beneficiary premium" which for 2018 is \$35.02 and is then added to your Medicare drug plan premium each month. Creditable coverage can include drug coverage from a current or former employer, union, health insurance coverage or the department of Veteran Affairs. They will inform you in a letter if your coverage is "creditable", so keep this letter because you may need it if you join a Medicare drug plan later on.

The 3 ways to avoid the late enrollment penalty are: to join a Medicare Prescription Drug Plan when you are first eligible, don't go 63 days or more in a row without a Medicare drug plan or other creditable drug coverage and lastly tell your Medicare drug plan in writing about any drug coverage you had previously. For more information go to www.medicare.gov or call 800-633-4227.

UM ARMY

Serving Westford the week of July 9th-13th

United Methodist Action Reach-out Mission by Youth is a unique mission opportunity for youth, young adults and their adult mentors. U.M. ARMY works with social service, community and church organizations to identify people in need of our services. Jobs are selected and completed based on greatest need. Yardwork, painting, minor home repairs are some of the tasks that can be performed. You will be required to sign a release that volunteers can be on your property. If you have a project that you would like assessed please contact Annette by 5/20th at 978-399-2326.

SENIOR AND VETERANS TAX WORK

Application Deadline May 4

Tax Work applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work in a Town department in exchange for \$1,500.00 (minus federally mandated deductions) reduction in your FY 2019 real estate tax bill. You must submit a NEW application if you are interested in being placed this year, even if you have participated in the past. We will be placing first time applicants first, and using a lottery to place repeat applicants if necessary. Senior applicants must be 60+ years old, Veterans of any age, own and occupy the property for which Westford taxes are paid. Only one member of a household is eligible. **Applications must be submitted to the Senior Center by May 4th.** The lottery will take place May 18th at 11AM at Cameron. All placements depend on applicant skills matching department needs (disabled Veterans may assign a proxy if approved by the VSO). You do not need to be present at the lottery, but are welcome if you'd like to attend. If you have questions about the program, please call Alison Christopher at 978-399-2325.

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For Memory Impaired

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2 Technology Dr • N Chelmsford



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Tel: 978-692-6502

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06-5200

HEALTH AND WELLNESS

WESTFORD HEARING CLINIC

Monday, May 14, at 9:30 a.m.

Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton and Dr. Julie Breault in Littleton, sponsored by the Westford Health Department. By appointment only. To book your 40-minute appointment call the Westford Health Department at 978-692-5509.

BLOOD PRESSURE & MORE

Tuesday, May 8 at 9 a.m.

Gail from the Westford Health Department will be at Cameron if you would like a health screening including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns please stop by.

MANICURES & PEDICURES

Wednesday, May 16 at 9:30 a.m.

Manicures \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and reflexology (acupressure) \$25 for 30 minutes and \$45 for an hour. To make an appointment call Veronica at 978-407-7658 or Email her at veronica@greatkneads.com.

PODIATRY CLINIC

Monday, June 18 at 9:30 a.m.

Cost is \$35. Advance appointments are necessary with Dr. Ayleen Gregorian. Call 978-692-5523.

GOLF- Sign up at 978-692-5523

Tuesdays at 8 a.m. at Quail Ridge
354 Great Rd, Acton, MA 01720
Cost \$25 per session

THRIVE HEALTH & WELLNESS INC. 7 WEEK NUTRITION PROGRAM RETURNS

Session 2: Tuesdays, May 1st thru June 12th,
6:00 -7:30 pm Cost is \$30/participant, GREAT VALUE (list price is \$249. for the program) Nutritionist, Susanne Duato, welcomes you to discover the powerful effects of food on your body, mind and spirit. Learn how to lose weight, gain energy, prevent illness and promote healing of common chronic diseases. This program will educate and empower you to make healthier choices in a flexible and fun way. Members will receive all materials and resources with registration as well as supportive emails with weekly emails at the Cameron. Please sign up quickly at 978-692-5523.

EMERSON HOSPITAL FAMILY HEALTH & WELLNESS EXPO

Saturday, May 5 at 9am - 1pm

Free Health Screenings registration is required for

- Skin Cancer Screenings
- Prostrate Specific Antigen (PSA)
- Lipid profile / cholesterol (12 hours fast required)
- Healthing Living Later in Life at 11am

Register at 1-877-936-3776

Free Health Screenings, Information, Treatments, and Family Fun Registration is not required for.

- Blood Pressure
- Body Fat Analysis
- Chair Massage
- Bone Density
- Head, Neck, Oral Cancer
- Pulmonary Function
 - Sun Damage
- Vision & Hearing Checks
- Breast self exam instructions
- Ear, Nose, & Throat information
 - Nutrition information
 - Reiki Treatments
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TRIPS

COA VAN TRIP:

The Butterfly Place
Thursday, May 31 at 11:30 a.m.
Cost is \$10. Dutch Treat Lunch at Feng Shui, Tyngsboro.
Call 978-692-5523 to sign up seats are limited.

Vine to Wine Delight – May 16

8:15 AM Depart this morning from the Franco American Club, West Prescott Street, on your luxury Silver Fox Coach. You'll travel west along the Mohawk Trail to Bernardston, MA, where you'll visit the Kringle Candle Store, a most memorable event. You'll then enjoy a delicious Luncheon at the Honora Vineyards Restaurant. Your entrée choices are: Fresh Baked Haddock & Fresh Vermont Roast Turkey, served with Salad, Beverage and Dessert. After lunch you'll tour and enjoy wine tasting at Honora Vineyards, one of Vermont's finest wineries. Here you'll enjoy a visit and wine tasting at the Vineyard. You'll taste four different wines and you'll also be able to purchase these varieties. Next you'll travel to Putney, VT, to visit the Putney Mountain Winery, which features fruit wines. The Basketville Store is alongside, too, in the event you would like to do some basket shopping. Alas, the time to return has arrived and you'll make your way back home remembering the wine tasting experience you enjoyed today. You'll arrive home at 6:30 PM after a delightful day in Vermont, 'The Green Mountain State'. Sign up by calling: 978-692-5523.

MAME | North Shore Music Theatre June 13th

We will begin with a full course luncheon at the Danversport Yacht Club. The entrée choice is Fresh baked Scrod or Baked Chicken. Next, you'll travel to the North Shore Music Theatre for Broadway's Classic Musicals, "MAME". MAME follows the madcap adventures of everyone's favorite auntie, Mame Dennis, and her adoring nephew. She celebrates the Roaring 20s, overcomes tragedy, and perseveres through life with humor and style. The tour costs \$119.00 per person. Don't miss out on this heartwarming music by signing up at 978-692-5523.

FOXWOODS / MOHEGAN

Join us as we head to Connecticut on our Casino getaway day! We are planning to travel to Foxwoods and Mohegan Casinos on Tuesday, June 12 and are inviting all those ages 50 and over to join us. Buckingham Motor Coach will once again be driving us with departure from the Franco-American Club at 7:30 AM. Please park at the rear of the lot. The fee for this trip will be \$36 which includes driver gratuity and is due at sign-up. You will receive bonus and food coupon when you arrive at the casino. We will drop off at Foxwoods and proceed to Mohegan only if we have a minimum of twelve participants for Mohegan. Please call 978.692.5523 to sign-up and tell us which casino you would prefer!

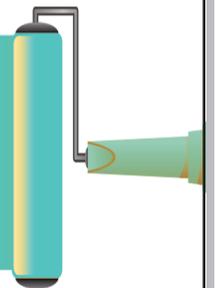
BLOCK ISLAND TRIP – JULY 11TH

Join us on a beautiful trip to Block Island. Your first destination is Point Judith, Rhode Island, where you'll board your ferry for an invigorating one hour ride to Block Island. Enjoy Grilled Salmon, Chicken Breast or Seafood Cakes at the National Hotel. After the luncheon, a native Block Island guide will give a 1 1/4 hour tour of the island. The total cost of this trip is \$119.00 per person. We will arrive back home around 7:00PM after a delightful day on Block Island. Sign up by calling: 978-692-5523.



Diane Harvey "A bird doesn't sing because it has an answer, it sings because it has a song"—my favorite way of painting is to tell a story about my subject. As an artist, I've been experimenting with various mediums, preferably colored pencil, oils and some watercolor, —the problem is, I like them all. Which medium do I prefer, I'm still working on that. I'm a member of the Chelmsford Art Society, take painting classes from artist I admire, and try to paint as often as I can. Awards from the Chelmsford Art Society, State House Senior Painting. Education: Commercial Art, Santa Rosa JC, Interior Design, Newbury College, various art courses.

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Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information. Lynn can be reached at lynnmroderick@aol.com

Hours

Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers.

MAY FOOD PANTRY HOURS:

- **Mondays: May 7, 21** from 1:30 - 3:30 p.m.
- **Wednesdays: May 9, 23** from 8:30 - 11:30 a.m. and **May 2, 9, 16, 23, 30** from 6 - 8 p.m.
- **Thursdays: May 10, 24** from 9:30 - 11:30 a.m.
- **Fridays: May 4, 11, 18, 25** from 8:30 - 11 a.m.
- **Saturdays: May 5, 12, 19** from 9 - 11 a.m.

BOARD MEETINGS

COA Board – Wednesday, May 9, at 4 p.m.

Friends of Cameron – Thursday, May 3, at 10 a.m.

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Elder Services
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Eugene Jungbluth, Lead Van Driver Admin
Charles Dutton, Lead Van Driver Dispatch
Christopher Mitchell, Maintenance
Katherine Russell, Senior Assistant
Edna MacNeil, Front Desk
Ashley Diaz, Evening Supervisor
John Wilson, Maintenance

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